



**Department
of Health**

**Medicaid
Redesign Team**

Substance Abuse Treatment Integration: Increasing Primary Care Capacity

Substance Abuse Treatment Integration: Increasing Primary Care Capacity

Speakers

Moderator:

Constance Burke, NYS Office of Alcoholism and Substance Abuse Services, Division of Outcome Management and System Information

Panelists:

Dr. Hillary Kunins, NYC Department of Health and Mental Hygiene

Dr. Sandeep Kapoor, Northwell Health

Dr. James Anderson, Leatherstocking PPS



Department
of Health

Medicaid
Redesign Team

A Continuum of Substance Use Services for Primary Care

Hillary Kunins, MD, MPH

Bureau of Alcohol and Drug Use Prevention, Care and
Treatment

Department of Health and Mental Hygiene

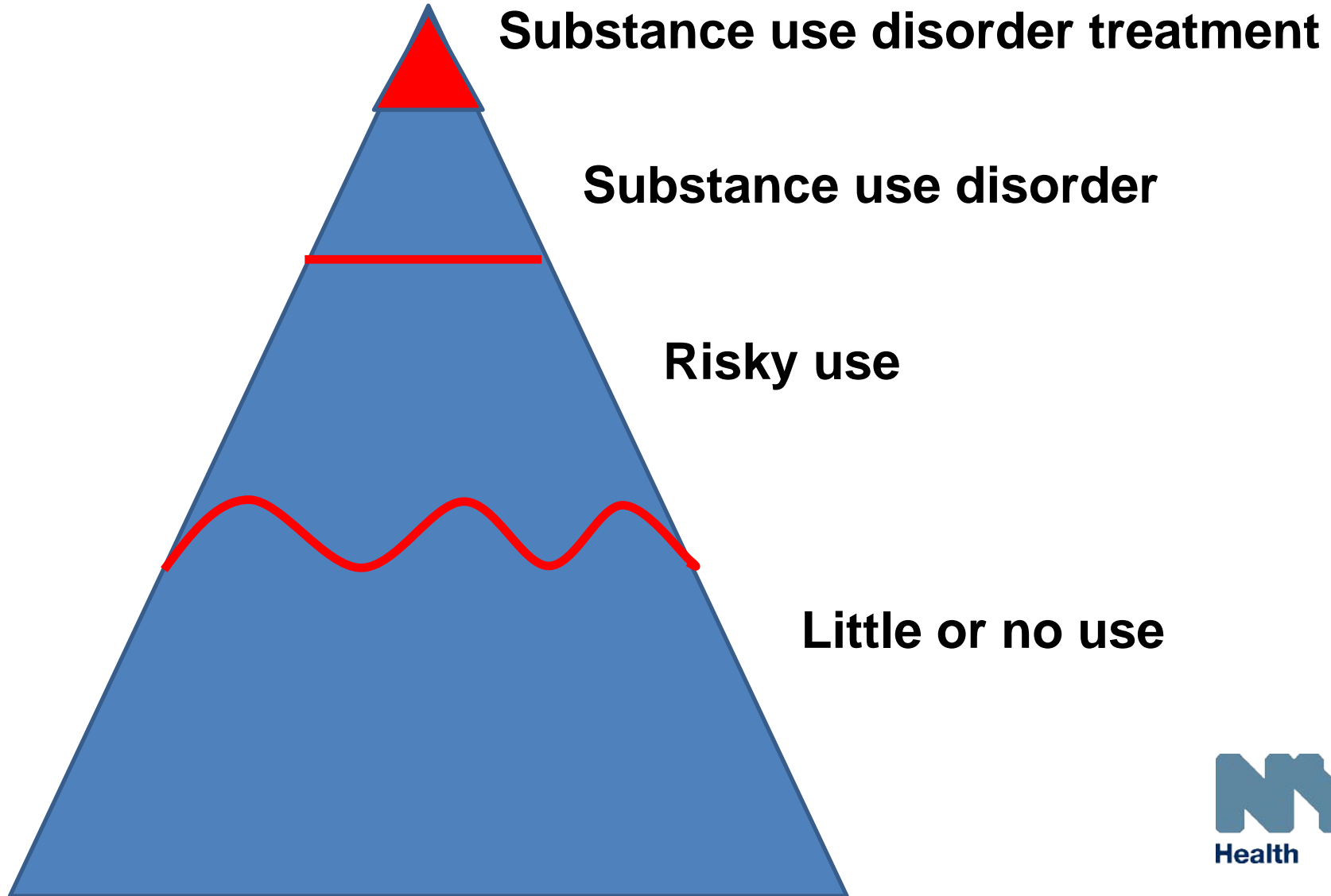
September 21, 2016



Why are we here?

- Opioid overdose deaths are a public health crisis in New York City
 - These deaths are preventable
- Unhealthy substance use often goes unrecognized
 - A variety of services delivered in primary care can be integrated and are effective
- We need your help!

The pyramid of use

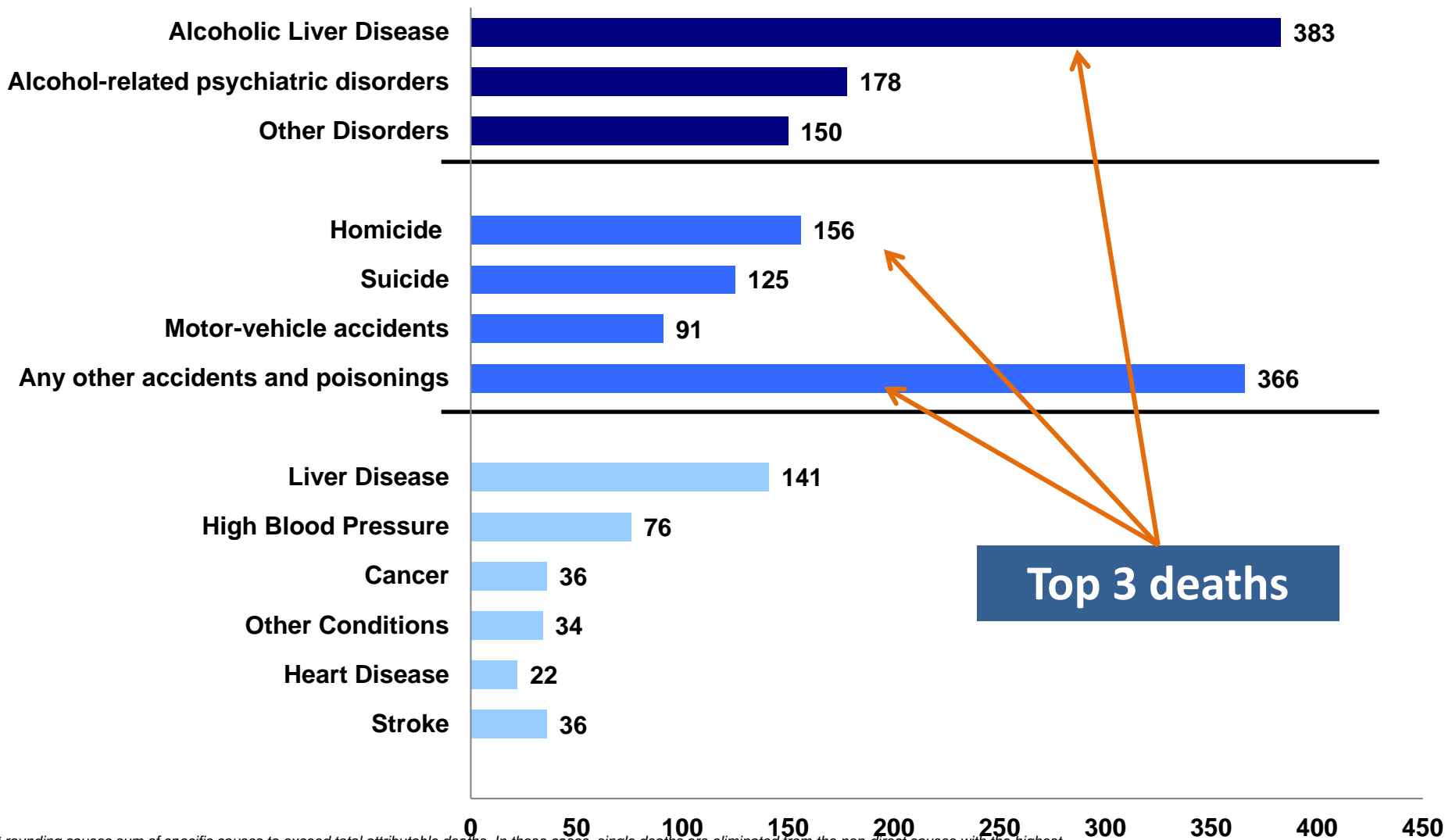


Outline

- Substance use epidemiology in New York City
- Benefits of integration
- Variety of services/strategies that can be integrated
 - Judicious prescribing
 - Screening, Brief Intervention, and Referral to Treatment
 - Pharmacotherapy for substance use disorder
 - Harm reduction practices: naloxone and sterile syringes
 - Relapse prevention support
- Questions and discussion

SUBSTANCE USE EPIDEMIOLOGY IN NEW YORK CITY

Alcohol attributed to the deaths of nearly 1,800 New Yorkers in 2013

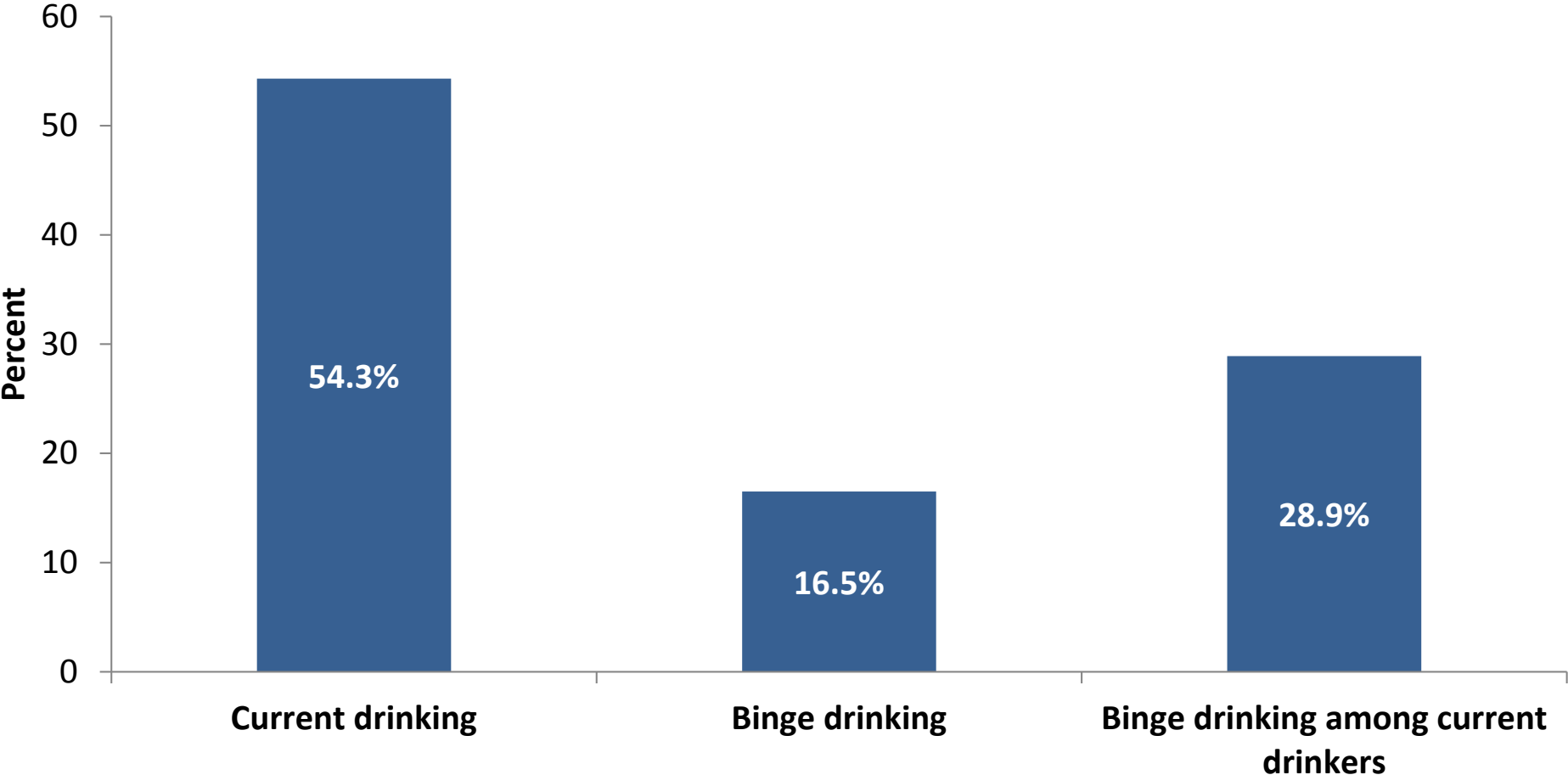


Top 3 deaths

** rounding causes sum of specific causes to exceed total attributable deaths. In those cases, single deaths are eliminated from the non-direct causes with the highest frequencies to bring the sum in line with the actual total.

Source: Zimmerman R, Li W, Begier E, Davis K, Gambatase M, Kelley D, Kennedy J, Lasner-Frater L, Madsen A, Maduro G, Sun Y. Summary of Vital Statistics, 2013: Mortality New York NY: New York City Department of Health and Mental Hygiene, Office of Vital Statistics, 2015. NOTE: Among NYC residents ages 20 years or older.

Alcohol consumption, New York City, 2014



Current drinking: Consumed at least one alcohol drink in past 30 days

Binge drinking: Consumed 5 or more drinks on one occasion for men or 4 or more drinks on one occasion for women in the past 30 days

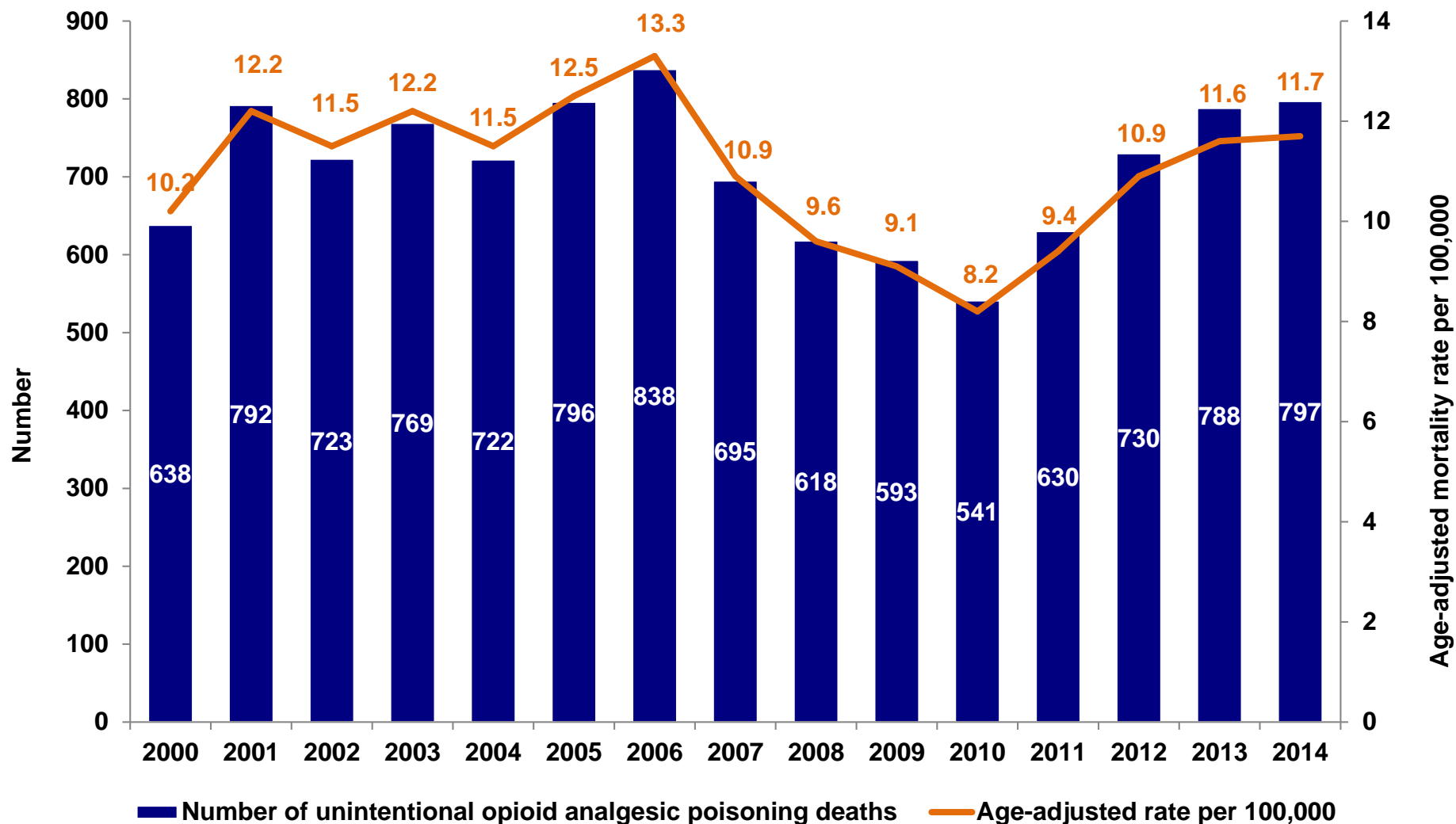
Source: New York City Community Health Survey, 2014



Most NYC adults have not discussed alcohol use with a health professional

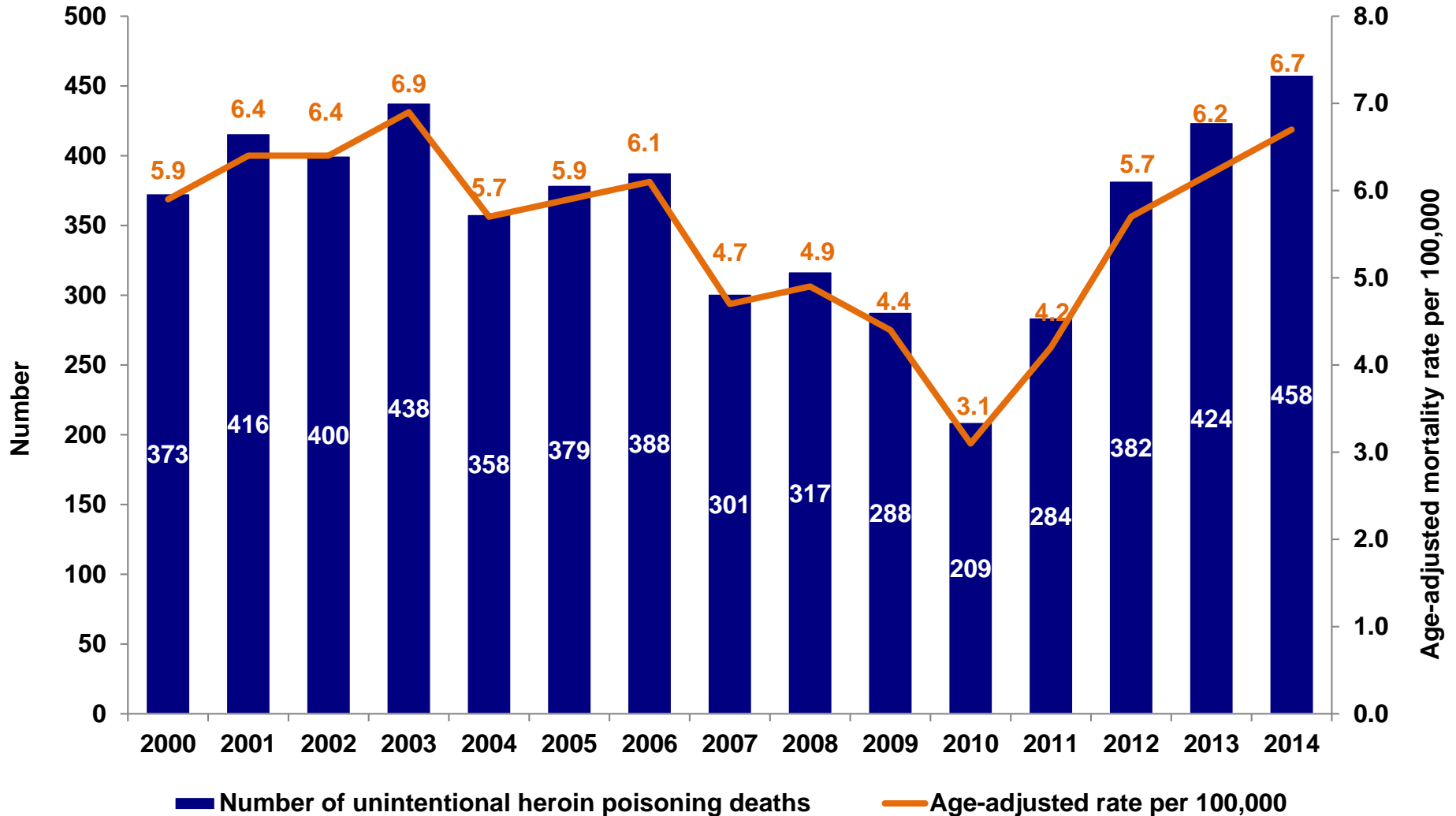
- Only 24% of NYC adults report a doctor, nurse or other health professional had asked or talked to them about their alcohol use in the past year
- Screening for alcohol use is not a routine part of clinical care for adults in NYC

Unintentional drug poisoning deaths, NYC, 2000-2014*



*Data for 2014 is preliminary and subject to change.
 Source: New York City Office of the Chief Medical Examiner &
 New York City Department of Health and Mental Hygiene 2000-2014*

Unintentional heroin poisoning deaths increased 116% from 2010 to 2014*



*Data for 2014 are preliminary and subject to change.
 Source: New York City Office of the Chief Medical Examiner &
 New York City Department of Health and Mental Hygiene 2000-2014*

How did we get here?

- Opioid Analgesics

- Increased prescribing

- Opioid analgesic prescribing quadrupled from 1999 to 2010
 - Promotion of opioid analgesics for use in chronic non-cancer pain
 - Misperceptions related to efficacy

- Risk for dependence and overdose underappreciated

- By both patients and providers
 - Because it's a prescription, people think it's less risky (but just as dangerous as many illicit drugs)

- Heroin

- Increased exposure to opioid analgesics
 - Decreased sense of risk associated with heroin

HOW CAN INTEGRATION OF SUBSTANCE USE SERVICES HELP?

Benefits of integration

- Improves access to treatment
- Improves patient outcomes (including treatment retention)
- Supports relapse prevention
- Allows to address coexisting health risks & illness
- Reduces stigma

Why treat substance use disorders in primary care?

- It works.
- Reduces substance use
- Improves overall health
 - Prevent death
 - Prevent and treat HIV, hepatitis C, other medical conditions
- Improves functioning
 - Employment, family and parenting
 - Decreases criminal activity

Why integrate substance use in primary care?

- Professional satisfaction. Really.
- Not everyone wants (or needs) to get treatment in specialized drug treatment settings.
- Primary care can make a difference in the opioid epidemic.

A word on stigma

- Significant stigma related to substance use and treatment for substance use disorder—pervasive in society
- Misconception of substance use disorder as a moral failing
- Consequences of stigma
- You will help by integrating substance use services into primary care practice

SERVICES AND STRATEGIES YOU CAN INTEGRATE

Services and strategies

1. Prescribe judiciously (opioids and benzos)
2. Screen and intervene
3. Treat or refer effectively.
 - Pharmacotherapy for opioid use disorders (buprenorphine)
 - Pharmacotherapy for alcohol use disorders
4. Prescribe naloxone for opioid overdose rescue
 - patients with opioid use disorder; patients on prescribed high-dose opioids
5. Provide relapse prevention/support
6. Offer sterile syringes

Judicious opioid prescribing



City Health Information

CHI goes paperless—
see back for details

Clinical Advisors

Nancy Chang, MD; Marc N. Gourevitch, MD, MPH;
Mark P. Jarrett, MD, MBA; Andrew Kolodny, MD;
Lewis Nelson, MD; Russell K. Portenoy, MD; Jack Resnick, MD;
Stephen Ross, MD; Joanna L. Starrels, MD, MS;
David L. Stevens, MD; Anne Marie Stilwell, MD;
Theodore Strange, MD, FACP; Homer Venters, MD, MS

December 2011

The New York City Department of Health and Mental Hygiene

Vol. 30(4):23-30

PREVENTING MISUSE OF PRESCRIPTION OPIOID DRUGS

- Physicians and dentists can play a major role in reducing risks associated with opioid analgesics, particularly fatal drug overdose.
- For acute pain:
 - If opioids are warranted, prescribe only short-acting agents.
 - A 3-day supply is usually sufficient.
- For chronic noncancer pain:
 - Avoid prescribing opioids unless other approaches to analgesia have been demonstrated to be ineffective.
 - Avoid whenever possible prescribing opioids in patients taking benzodiazepines because of the risk of fatal respiratory depression.

The use of prescription opioids to manage

TRENDS IN OPIOID ANALGESIC USE AND

- Avoid prescribing opioids for chronic non-cancer, non-end-of-life pain
 - e.g., low back pain, arthritis, headache, fibromyalgia
- When opioids are warranted for acute pain, 3-day supply usually sufficient
- If dosing reaches 100 MED, reassess and reconsider other approaches to pain management
- Avoid whenever possible prescribing opioids in patients taking benzodiazepines

OpioidCalc

●○○○○ Sprint 3G 12:17 PM

NYC Health

Total Daily MME = **180.0**

! MME ≥ 100 [click for more info](#)

Codeine

+ Add Additional

Fentanyl transdermal (in mcg/hr)

50mcg per patch **120.0**

(each patch used for 3 days)

+ Add Additional

Hydrocodone

10mg (6 per day) **60.0**

+ Add Additional

Hydromorphone

+ Add Additional

Methadone

Judicious benzodiazepine prescribing

- Increased risk of fatal overdose when benzodiazepines are taken with opioid analgesics, alcohol, or other CNS depressants
- If benzodiazepines are indicated, prescribe the lowest effective dose for the shortest duration—no more than 2-4 weeks
- Avoid co-prescribing benzodiazepines and opioid analgesics because of the risk of fatal respiratory depression

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

- Reduces alcohol consumption and decreases health care utilization; ranked as one of the five most effective clinical preventive services
- Goal: Identify patients at-risk for unhealthy drinking
- SBIRT components
 - Screening using a validated tool
 - Brief intervention (if needed)
 - Referral to treatment (if needed)



1. Jonas DE, Garbutt JC, Amick HR, et al. Behavioral Counseling After Screening for Alcohol Misuse in Primary Care: A Systematic Review and Meta-Analysis for the U.S Preventive Services Task Force. *Ann Intern Med.* 2012 6; 157(9): 645-54.

2. McKnight-Eily LR, Liu Y, Brewer RD, et al. Vital Signs: Communication Between Health Professionals and Their Patients About Alcohol Use—44 States and the District of Columbia, 2011. *MMWR* 2014; 10;63(1):16-22.

Health Department SBIRT resources



City Health Information

January/February 2011

The New York City Department of Health and Mental Hygiene

Vol. 30(1):1-8

BRIEF INTERVENTION FOR EXCESSIVE DRINKING

- Ask every patient about alcohol consumption using the 3-question AUDIT-C screening tool for adults and the CRAFFT tool for adolescents.
- Provide clear advice to moderate- and high-risk patients to reduce alcohol consumption.
- Provide regular follow-up to support efforts to achieve low-risk drinking levels.

Most adults in the United States (US) drink safely or not at all, but excessive drinking is common. In 2007 and 2008 combined, 23% of New Yorkers aged 21 years and older reported consuming 5 or more alcoholic drinks over a 2-hour period within the previous 30 days.¹

Alcohol use is associated with high morbidity and

use in pregnancy can cause miscarriage, premature birth, and developmental impairments, including fetal alcohol syndrome.¹⁵

Up to 20% of patients in primary care practices may be engaged in excessive drinking.¹⁶ Because patients are receptive to alcohol screening and counseling from their primary care physicians (PCPs)¹⁷ and up to 40%

And...SBIRT E-learning module – coming soon!

Offer pharmacotherapy for substance use disorder

- Alcohol use disorder
 - Naltrexone and acamprosate are effective
- Opioid use disorder
 - Opioid agonists (buprenorphine or methadone) is the most effective form of treatment
 - Emerging evidence for long-acting injectable naltrexone
 - Buprenorphine can be offered in primary care

Treatment with opioid agonist medications – methadone and buprenorphine

- How these work: bind to opioid receptors in body
- Block effect of heroin or opioid analgesics
 - Prevent withdrawal and relieve craving
 - Block euphoric effects of other opioids
- Most effective treatments for addiction to heroin and opioid analgesics

Buprenorphine CHI



City Health Information

Volume 34 (2015)

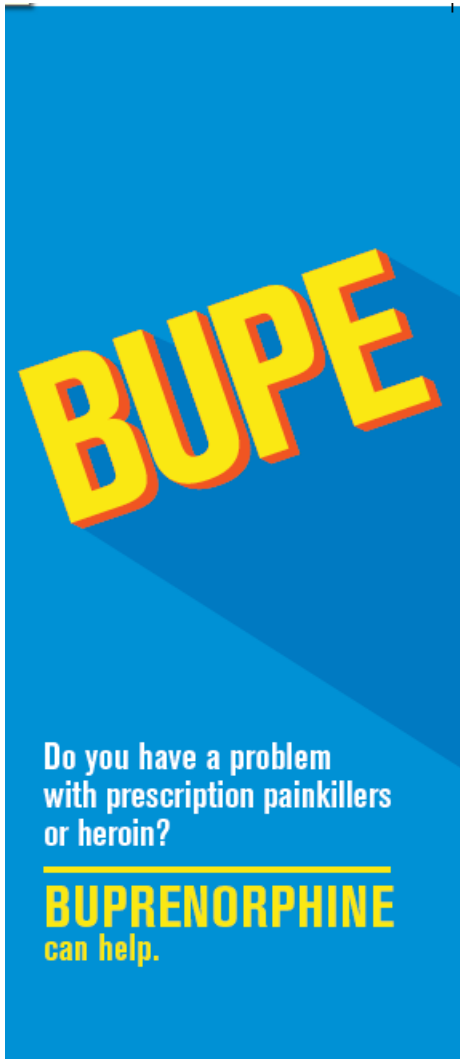
The New York City Department of Health and Mental Hygiene

No. 1; 1-8

BUPRENORPHINE—AN OFFICE-BASED TREATMENT FOR OPIOID USE DISORDER

- Buprenorphine treatment is a life-saving tool for patients with opioid use disorder.
- Learn to recognize opioid use disorder and recommend effective treatment.
- Incorporate buprenorphine treatment into your practice.

New initiatives to increase access to buprenorphine in NYC



1. Buprenorphine training for physicians, nurse practitioners, physician assistants
2. Practice support to help integrate buprenorphine treatment at your practice

Offer naloxone for opioid overdose prevention

- Prescribe naloxone to your at-risk patients:
 - High-dose prescription (≥ 100 MMEs/day)
 - Chronic opioid therapy (≥ 3 months)
 - Opioid misuse/illicit use
 - Family member or friend of at-risk individual
- NYC DOHMH prescribing guidance and patient materials on our website
- Alternatively, refer patients to harm reduction programs or pharmacies

>700 NYC pharmacies now dispense naloxone under standing orders (many across NYS)

Naloxone Available **HERE**

Opioids, like prescription painkillers and heroin, are risky drugs and can cause a person to stop breathing.

**If you or someone you know takes opioids,
ask about naloxone—it saves lives.**

NYC
Health

Visit nyc.gov/health and search for “Prevent Overdose” to get more information about opioid safety and naloxone.

NYC
Health

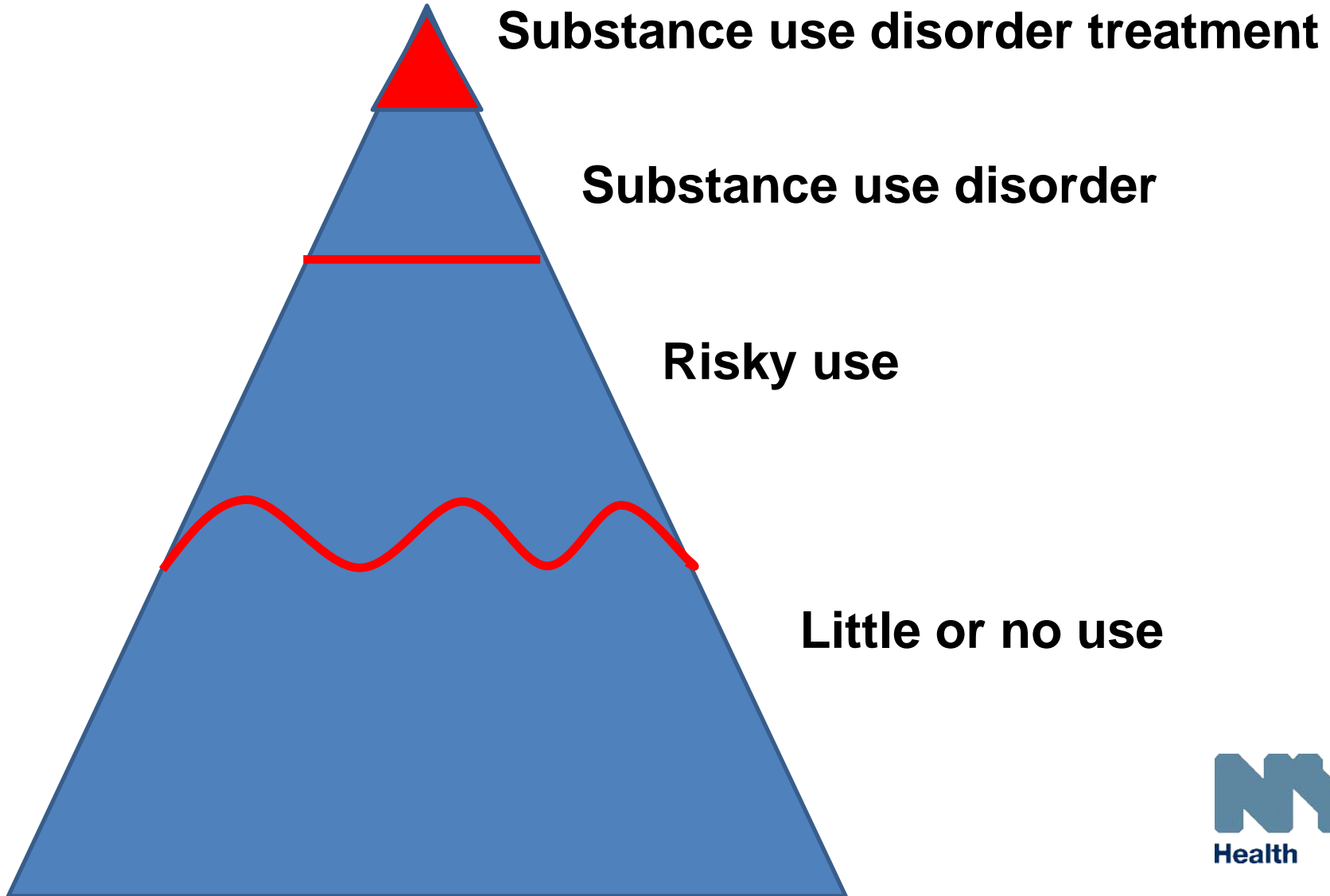
Provide sterile syringe access

- Prescribe sterile syringes
 - Register with Expanded Syringe Access Program (ESAP)
- Refer patients to ESAP pharmacies or harm reduction programs

Provide relapse prevention support

- Help your patients understand that substance use disorders are chronic conditions; slips or relapses common
- Several frameworks can help
 - PRIMECare Model
 - Recovery management checkups
- Link patients to peer-based support

The pyramid of use

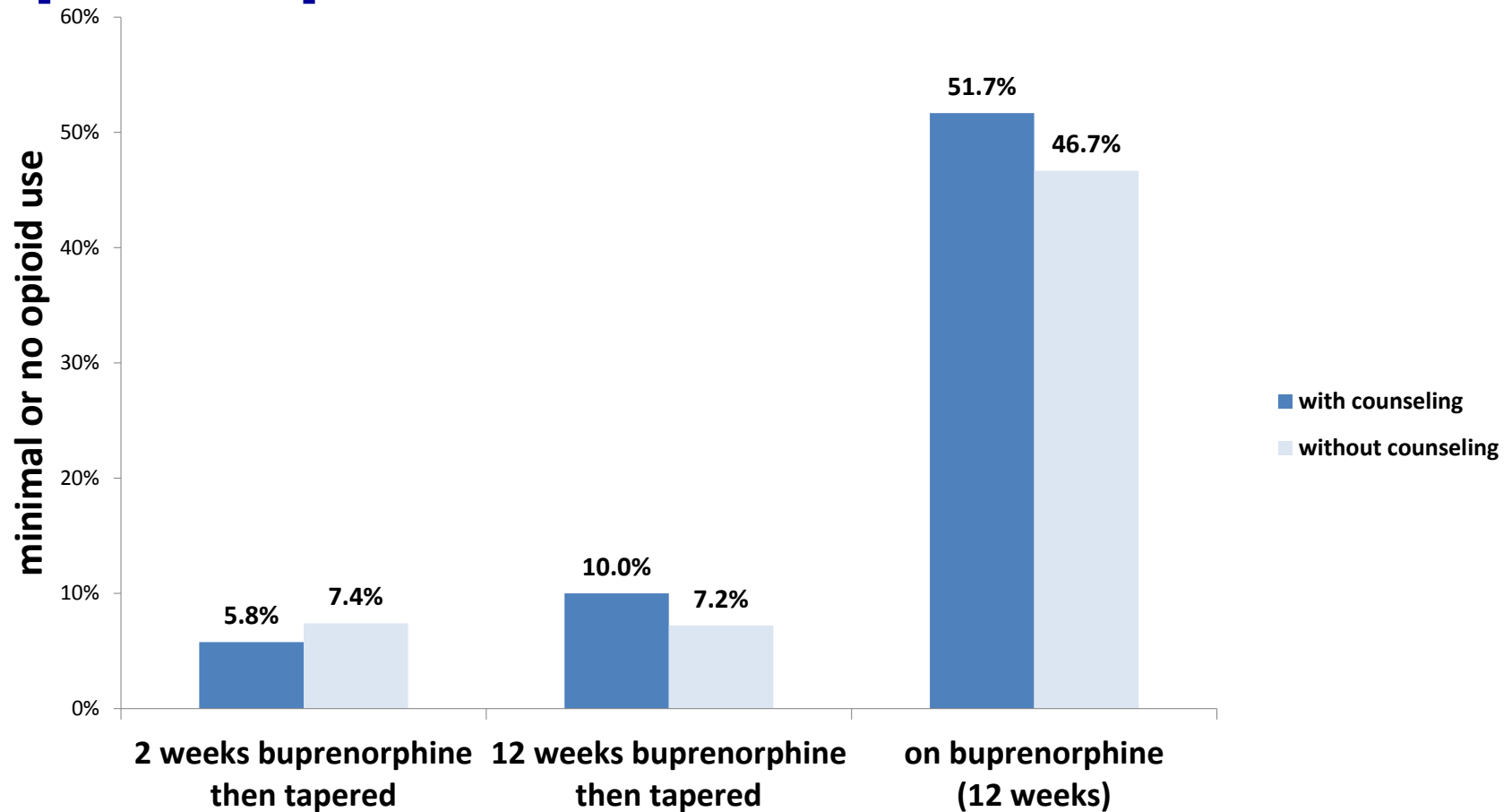


Concluding thoughts

- You can integrate a variety of effective substance use services into primary care
- Many services are simple and brief
- Small proportion of patients will need
- NYC DOHMH can help support you
- We need your partnership!
- Together we can address unhealthy substance use and overdose and improve the health of our community

Questions?

5 times more patients avoid relapse with buprenorphine maintenance than detox



From Weiss RD et al. Adjunctive counseling during brief and extended buprenorphine-naloxone treatment for prescription opioid dependence. A 2-phase randomized controlled trial. *Arch Gen Psych* 2011;68: 1238–1246.

3 phases of buprenorphine treatment

1. Induction:

- Find optimal starting dose, without going through withdrawal; 2-3 days
- Home inductions common, with close monitoring by physician during this period

2. Stabilization

- Find minimum dose to prevent withdrawal and reduce/stop other opioid use
- Dose ranges from 2-24mg per day

3. Maintenance

- Continue to take prescribed dose at home
- Regular medical appointments (variable interval)
- Assess and offer/refer for counseling or other services

How long should a person take buprenorphine?

- Every person is different → depends on individual
- Better outcomes with longer treatment
- Diabetes treatment analogy

Federal policy and buprenorphine prescribing

- Licensed physicians (MD or DO) with DEA waiver; NEW: NPs, and PAs
- Criteria for waiver
 - Complete 8 hours of buprenorphine CME OR subspecialty in addiction
 - Capacity to refer to counseling
- Maximum 30 patients during first year; can increase to 100 after first year; NEW 275 patients in year 3 for some physicians

My (former) patient

- 54 year old Bronx grandmother
 - Former bookkeeper
 - Foster mother to an 8 year old autistic girl
 - 3 adult children; divorced
 - High blood pressure and diabetes

My (former) patient

- Heroin use began in her 20s
- Addiction treatment
 - Entered methadone in late 30s
 - >20 years methadone treatment
 - Tapered off methadone ~4 years ago
- Approximately 2 years ago
 - Knee injury, prescribed opioid analgesics
 - Escalated dose
- Wants to obtain care for addiction
 - Now daily heroin use

My (former) patient

- We offered her buprenorphine
- She initiated treatment with buprenorphine
 - Heroin use ceased
 - Met with me regularly
 - Remained in treatment
 - Maintained an active relationship with grandchildren and family

Summary

1. Addiction is a chronic disease that may need long term treatment
2. Treatment works
3. Treatment with medications works best
 - Best evidence for methadone and buprenorphine; emerging evidence for injectable long-acting naltrexone
4. Treatment in primary care is possible and sometimes the only setting acceptable to the patient
 - DOHMH has resources that can help support you get started

SBIRT Implementation

Informing Statewide Dissemination
based on Lessons Learned

New York State DSRIP
Learning Symposium
September 21, 2016
130pm



Sandeep Kapoor, MD
Northwell Health
Hofstra Northwell School of Medicine

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Northwell Health

**Center for Addiction Services and Psychotherapy
Interventions Research (CASPIR)**

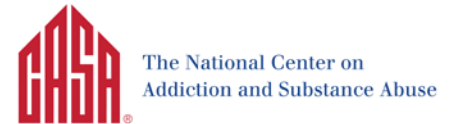
Division of General Internal Medicine

Department of Emergency Medicine

Department of Psychiatry & Behavioral Health



The National Center on Addiction and Substance Abuse (CASA)



New York State Office of Alcoholism and Substance Abuse Services (OASAS)



Substance Abuse and Mental Health Services Administration (SAMHSA)



@ Northwell
Health

SBIRT Leadership

Northwell SBIRT

Jon Morgenstern, PhD

Principal Investigator – Psychiatry

Joseph Conigliaro, MD, MPH

Principal Investigator – Internal Medicine

Nancy Kwon, MD, MPA

Principal Investigator – Emergency Medicine

Sandeep Kapoor, MD

Director, NSLIJ SBIRT

Northwell Department of Medicine

Thomas McGinn, MD, MPH

Chairman, Medicine

Jeanne Morley, MD

SBIRT MD Champion – Internal Medicine

Lauren McCullagh, MPH

Administrative Director - Research

Northwell Dept. of Emergency Medicine

John D'Angelo, MD

Chairman, Emergency Medicine

Mark Auerbach, MD, MBA

SBIRT MD Champion

Mae Ward, RN

Administrative Director – Research

Karen Kline

Senior Administrative Director II

Northwell Department of Psychiatry

John Kane, MD

Chairman, Psychiatry

Bruce Goldman, LCSW

The Zucker Hillside Hospital

Daniel Coletti, PhD

The Zucker Hillside Hospital

***New York State Office of Alcoholism
and Substance Abuse Services
(OASAS)***

Connie Burke, MA
NYSBIRT Project Director

***The National Center for Addiction and
Substance Abuse (CASA)***

Charlie Neighbors, PhD
Director

Megan O'Grady, PhD
Associate Director

Northwell Sites for SBIRT Services



To *identify* and
effectively *intervene*
with those who are at
moderate or high risk for
psychosocial or health
care problems related to
their substance use.

TOBACCO, ALCOHOL and DRUGS
AFFECT YOUR OVERALL HEALTH

**WE ASK
EVERYONE**




Screening,
Brief Intervention and
Referral to Treatment
A Program of the New York State Office of Alcoholism and Substance Abuse Services



COLUMBIA

Services Delivered

During SBIRT Health Coach Hours

Dec2013 - Aug2016

Completed PreScreens	PreScreen Positive	Brief Interventions	Referrals to Treatment
175,215	11%	6,264	1,281



1 IN 4

**AMERICANS WHO FIRST
SMOKED, DRANK OR USED
OTHER DRUGS BEFORE AGE 18
HAS A SUBSTANCE PROBLEM**

Compared to 1 in 25 Americans who first drank,
smoked or used other drugs at age 21 or older



1 IN 10

**PEOPLE WHO NEED
TREATMENT RECEIVE IT.**



**{ 40 Million
or >1 in 7**

**AGES 12 AND OLDER HAVE
A SUBSTANCE PROBLEM...**

**...THIS IS MORE THAN THE
NUMBER OF AMERICANS WITH:**



**HEART CONDITIONS
(27 Million)**



**DIABETES
(26 Million)**



**CANCER
(19 Million)**



The Issue

Major source of referrals to treatment are **NOT** healthcare providers, though most people see a doctor at least one time per year

only 6.6%

Rethinking Substance Use Problems From a Public Health Perspective



Dependent Users



At risk and
binge drinkers

Clinical Practice

The SBIRT Process

‘Starting the conversation...’

SBIRT

Components

Pre-Screening

Brief strategy to identify at-risk population using a valid, brief standardized questionnaire at the initial point of service

Audit-C/DAST-1/Tobacco

< 1 minute

Full Screening

Valid extended standardized questionnaire administered with patient if they qualify based on the prescreen scores

AUDIT/DAST-10

< 3 minutes

Brief Intervention

One or more discussions with health care professional focused on reducing or stopping unhealthy substance use:

1. Assessment & feedback on substance use
2. Simple advice, goal setting, agree on plan

10-20 minutes

Based on extent of substance use/abuse, patients may require more than a brief intervention

Referral to Specialty Treatment

Every effort is made, in real-time, to provide a ‘warm handoff’ to community treatment providers and those within the NSLIJ Health System.

The Brief Negotiated Interview

A semi-structured interview process based on Motivational Interviewing that is a proven evidence-based practice and can be completed in 5–20 minutes



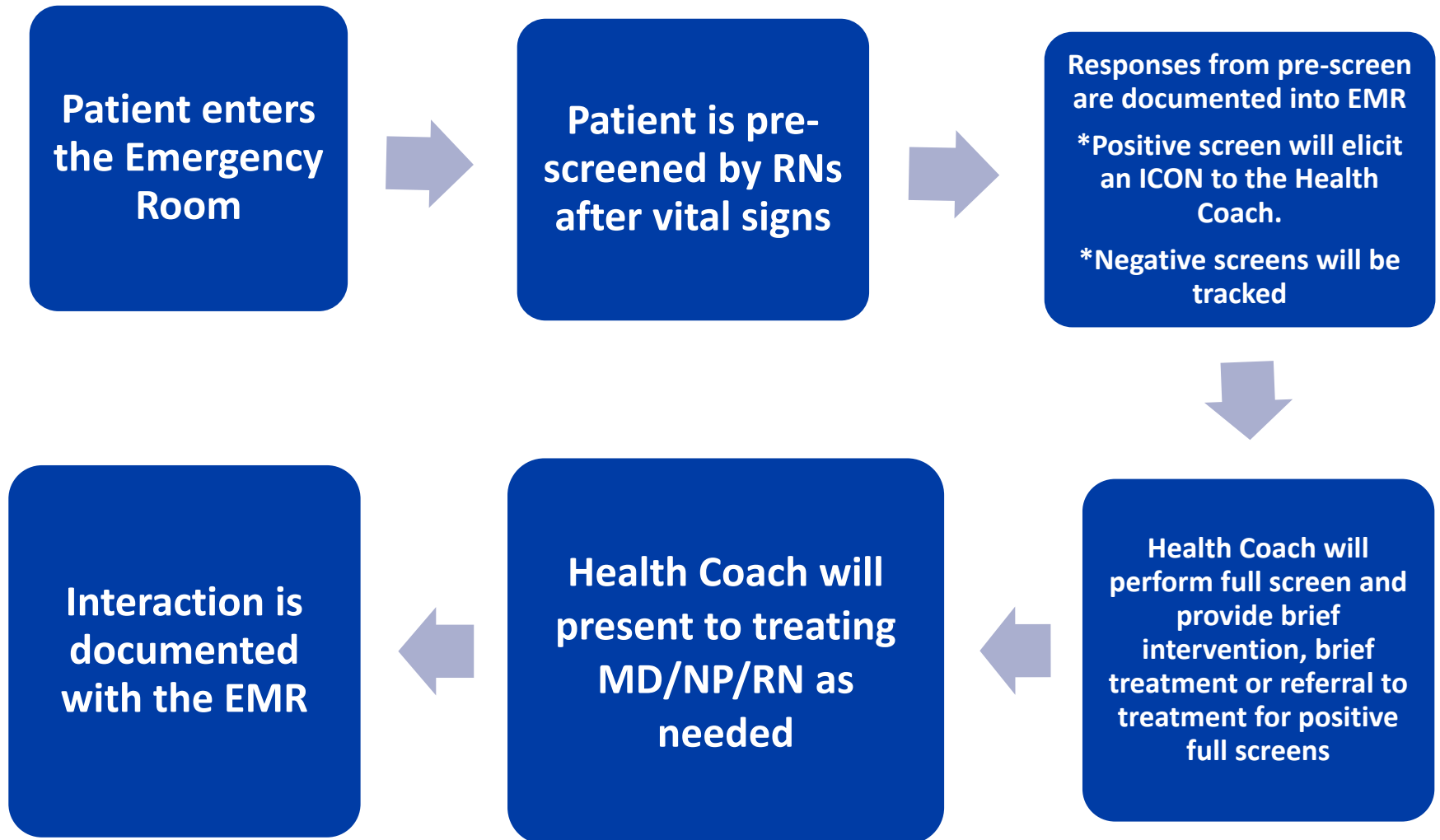
Steps in the BNI

1. Raise the Subject
2. Provide Feedback
3. Enhance Motivation
4. Negotiate and Advise

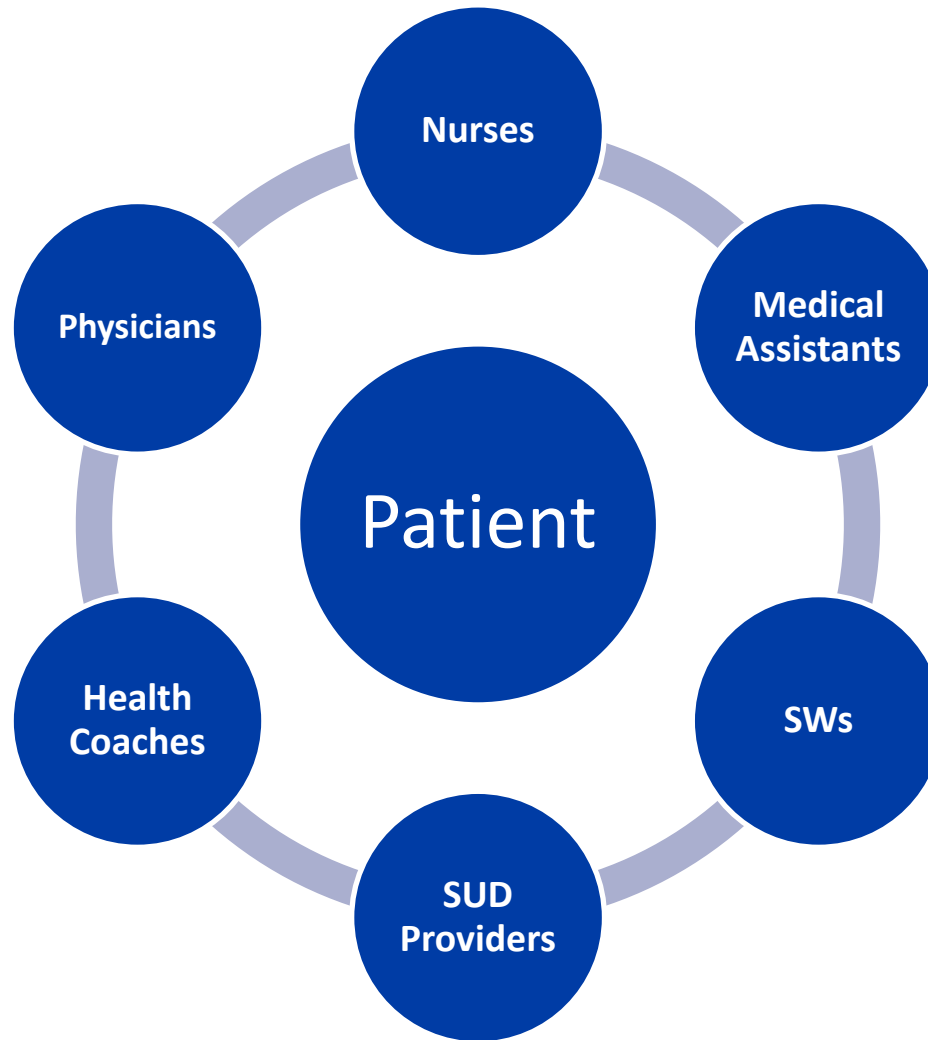


Special acknowledgement is made to Drs. Stephen Rollnick, Gail D’Onofrio, and Ed Bernstein for granting permission to orient participants to the “brief negotiated interview.”

ED Workflow



SBIRT Team-Based Model @ Northwell Health



Strategic Team-Based Approach

Provide Information and Structure

Elicit Feedback

Tailor Service to Individual Site

Provide Focused Training

Pilot and PDSA

'Go LIVE'

Performance Monitoring, Training, continual PDSAs



Hitting the Mark

Elicit Feedback

Gauge Interest and Buy-In

- Health System Leadership
- Site Specific Leadership
- Clinical Frontline Leadership
- Clinical Frontline Staff

Tailor Service

Workflows

- Evaluate existing
- Introduction of SBIRT
- Workarounds! (IT/Paperwork/Etc.)
- Clinical Frontline Staff Feedback Cycles

Timeline



EHR Integration

PreScreen Questions and Scoring Algorithm

Automatic Tasking, Flagging, and Icons

Health Coach Documentation Note

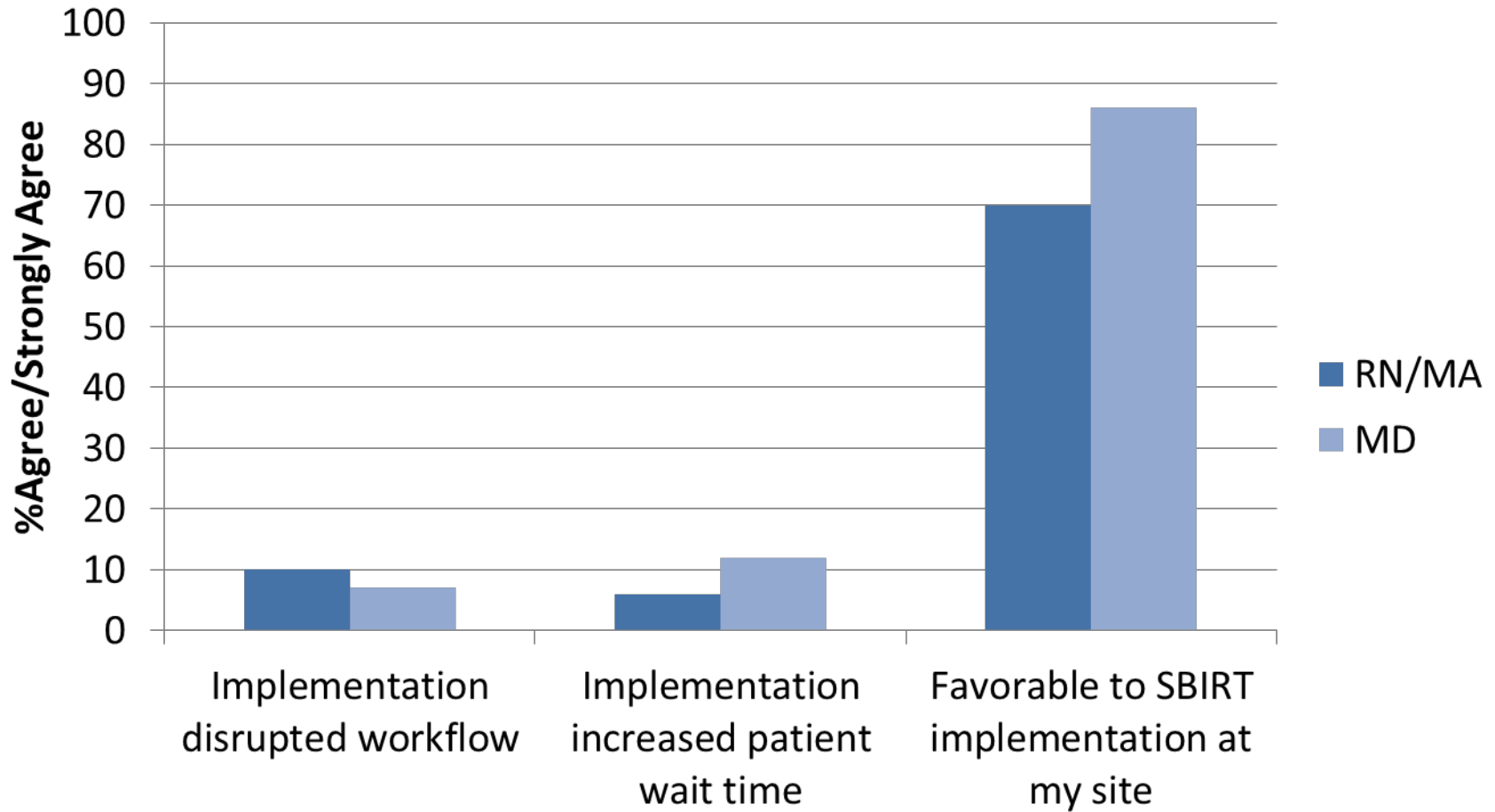
Advancements

Automated Reports

'Two-Way' Handshake Data Transfer



Brief Internal Evaluation Results



How Much Effort?

Team-Based Approach



Take Away

- Strategic Approach – Sustainable?
- Truly a *Team-Based* approach for:
 - Implementation
 - Delivery of Care
 - Maintenance
- Closing loops of feedback, will go a long way!
- Just **BIG** enough, and just **SMALL** enough to use as a Pioneer Project to further integration

Thank You

For more information

SBIRTinfo@northwell.edu

Sandeep Kapoor, MD

Director, SBIRT

Depts. of Emergency Medicine, Internal Medicine, & Psychiatry/Behavioral Health
Northwell Health

Assistant Professor of Medicine

Hofstra Northwell School of Medicine

TOBACCO, ALCOHOL and DRUGS
AFFECT YOUR OVERALL HEALTH

WE ASK
EVERYONE



Screening,
Brief Intervention and
Referral to Treatment

A Program of the New York State Office of Alcoholism and Substance Abuse Services





Office-Based Medication-Assisted Treatment for Opioid Addiction



Bassett Healthcare Network

James B. Anderson, PhD
Licensed Psychologist
DSRIP Medical Director
Behavioral Health & Integrated Services
Bassett Healthcare Network

Increase in Prescription Rates

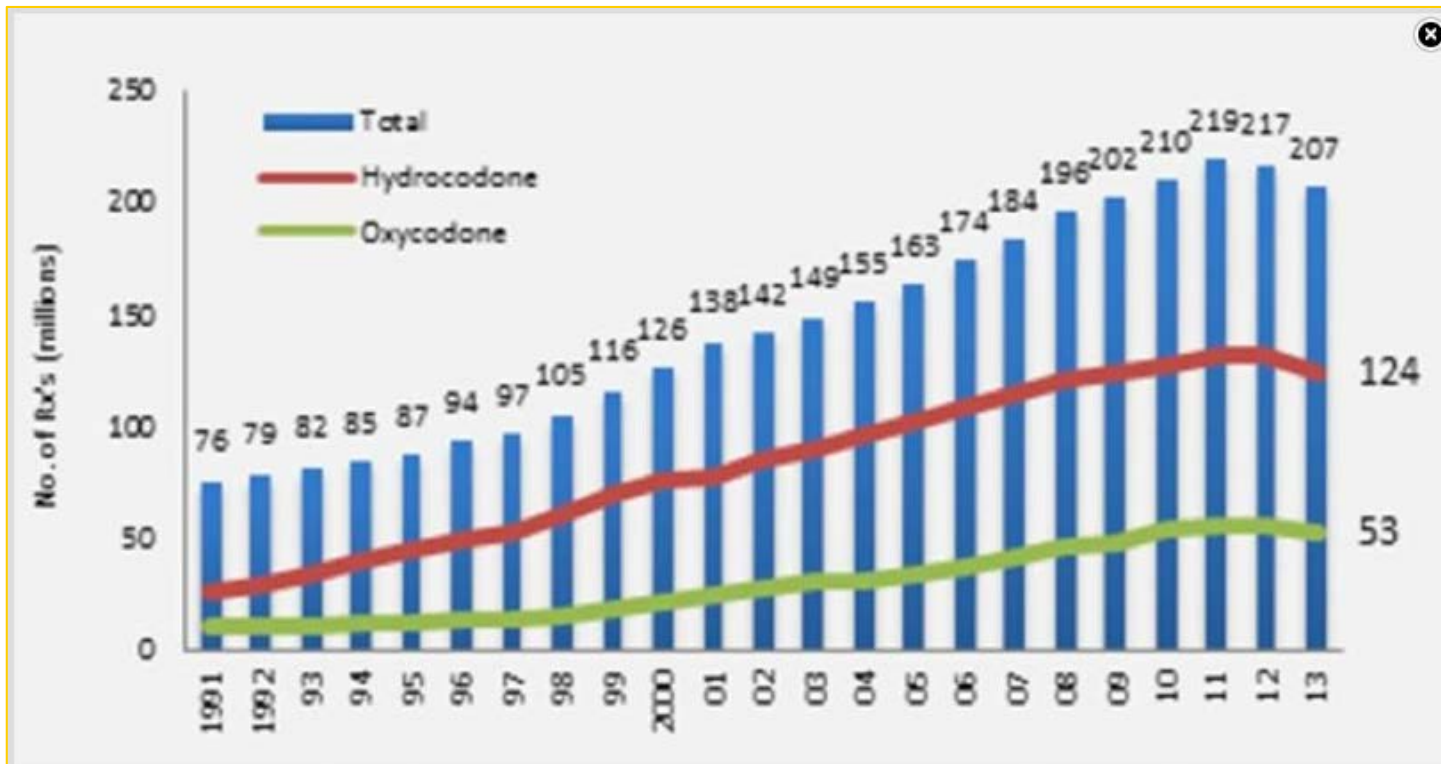
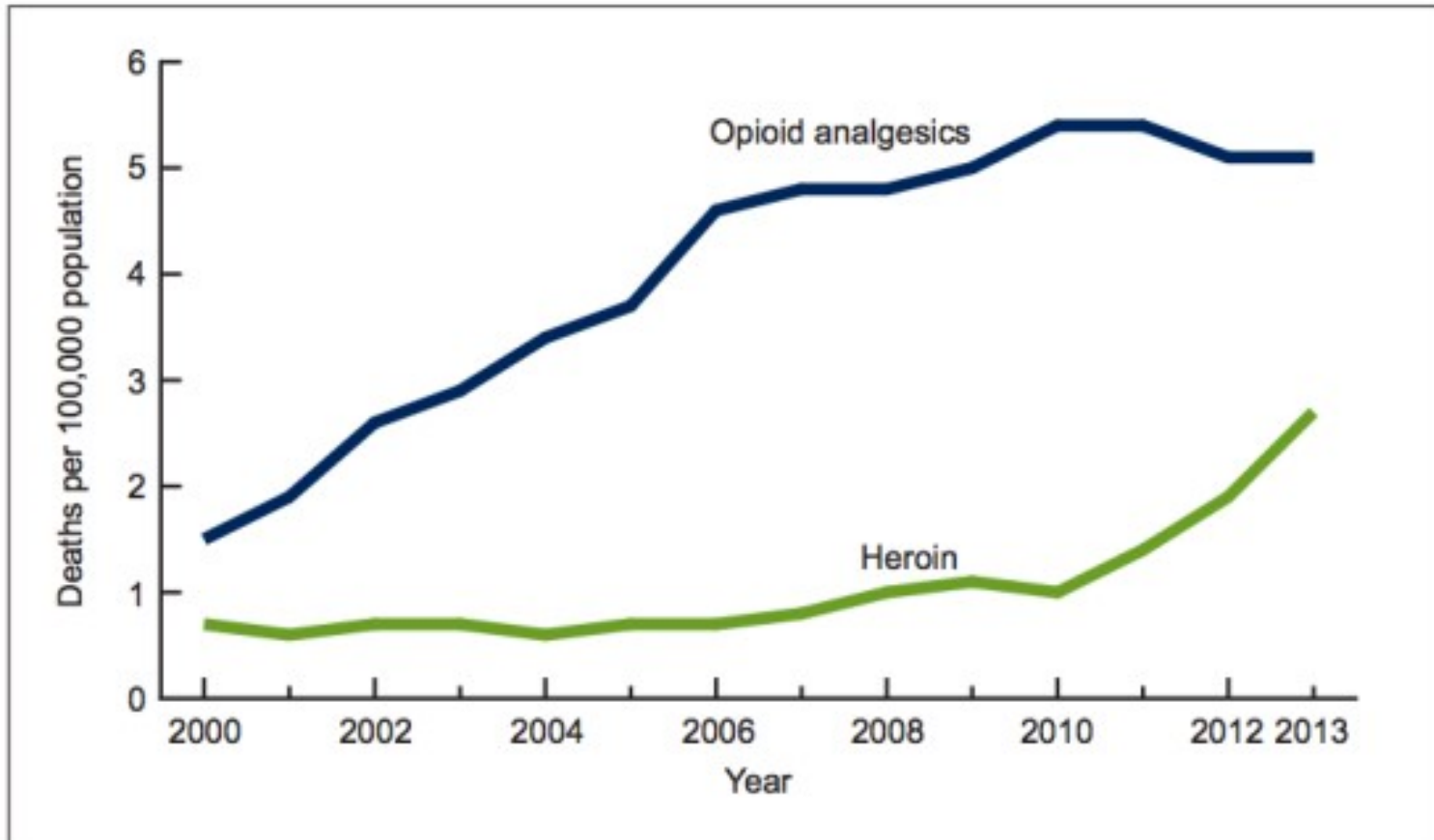
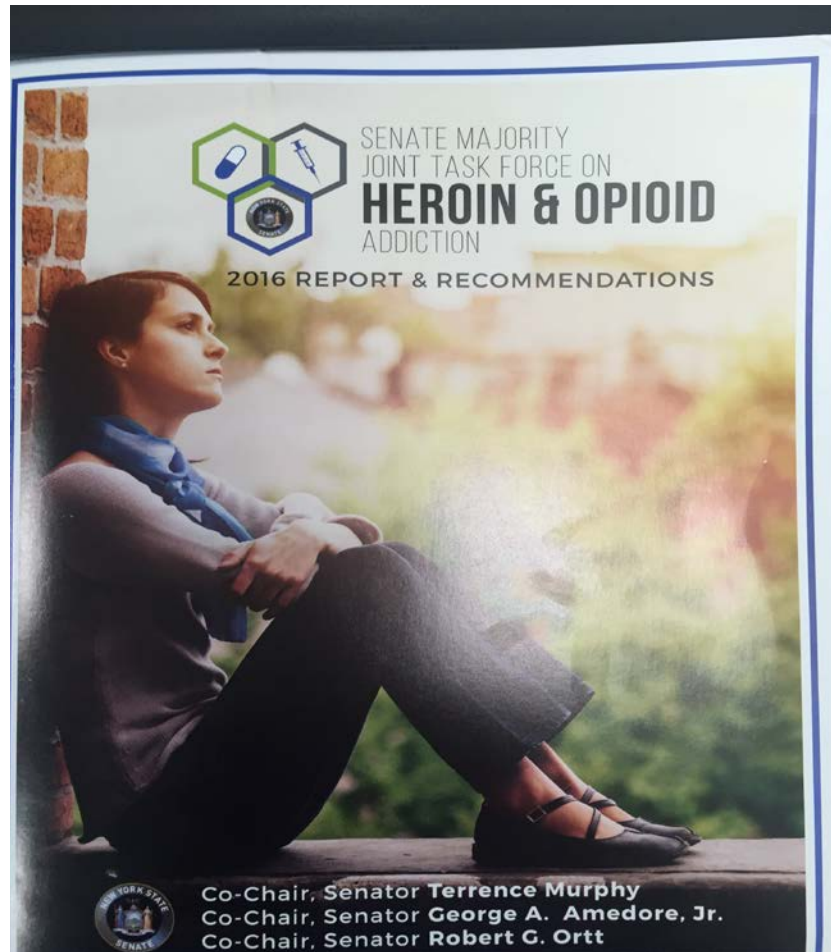


Figure 1 - Opioid Prescriptions Dispensed by US Retail Pharmacies IMS Health, Vector One: National, years 1991-1996, Data Extracted 2011. IMS Health, National Prescription Audit, years 1997-2013, Data Extracted 2014.

Increase in Overdoses





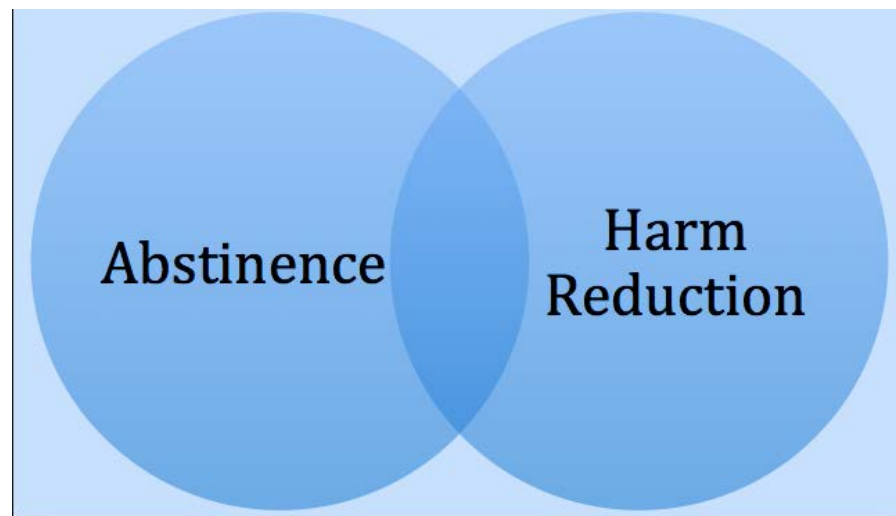
NYS Senate Task Force Statement on MAT

“Despite the success these drugs have in treatment, many providers have expressed concerns regarding the limited access to MAT due to a lack of programs...lack of education regarding the treatment”

(2016 report & recommendations, page 11)

Harm Reduction Philosophy

*Concept of preventing or reducing negative consequences associated with certain behaviors
(WHO)*



Principles of Harm Reduction

- **Pragmatism**

- *Are we going to eliminate drug use?*

- **Humanistic Values**

- *Not approval, but not judgment*

- **Focus on damage**

- *Not the behavior itself*

- **Balance of Costs & Benefits**

- *Evaluation*

- **Focus on Immediate Goals**

- *Prioritizing*

Office-Based Medication-Assisted Treatment for Opioid Addiction

- Requires a multi-disciplinary team
- Enables treatment of “whole person”
- Makes treatment more accessible
- Established efficacy for treatment of opioid-related disorders



Team-based Care for Opioid Dependence

<p>Physicians, NPs, & PAs</p>	<ul style="list-style-type: none"> •Assessing readiness •Dosing strategies •Drug screens •Hep C/HIV •Discontinuing Tx •Cross-coverage
<p>Nurses & MAs</p>	<ul style="list-style-type: none"> •Managing phone calls •Medication side-effects •Assessing mental health needs •Assessing Tx response •Pill counts & drug screens
<p>Managers & Staff</p>	<ul style="list-style-type: none"> •Responding to Pt concerns •Addressing disruptive behavior
<p>Behavioral Health</p>	<ul style="list-style-type: none"> •Counseling •Engaging families in Tx •Supporting prescribers
<p>Whole Team</p>	<ul style="list-style-type: none"> •Opioid dependence as a chronic disease •Harm reduction •Role of Family in Tx

Implementation Plan

- Identified 4 clinics interested in starting MAT
 - More may join by start date
 - Contracted with MAT experts (U of MA Med School)
 - Will have two, four-hour live trainings
 - CME credit
 - Progress towards “X-license” for physicians
 - Weekly ECHO consultation for one year after on-site training
 - Hired board-certified addiction medicine psychiatrist to join our team
 - Internal & external behavioral health support
 - DSRIP funds for care management & patient navigation
-



**Department
of Health**

**Medicaid
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Q&A and Discussion